Parental Resilience

Definition

The ability of the parent to handle everyday stressors and recover from occasional crises.

Parents who are emotionally resilient:

1. Have a positive attitude
2. Creatively solve problems
3. Effectively address challenges
4. Direct anger and frustration appropriately
5. Are aware of their own challenges
6. Accept help and/or counseling when needed

Parental resilience is an important component to strengthen families by promoting healthy coping strategies, helping parents develop patience and understanding, and giving parents resources to deal with stress effectively.

Promote resilience by helping parents build skills like:

1. Stress management techniques
2. Anticipating and minimizing stress
3. Communicating needs and concerns
4. Accessing resources
5. Valuing and de-stigmatizing help
6. Concrete skills


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